Are you Pregnant?



Of Pregnancy

Best Beginnings, Public Health Nurses, and your Healthcare Provider can help you have a healthy pregnancy and prepare you as a parent.



Community and Public Health Division Maternal and Family Health Section 6101 Yellowstone Road, Suite 420 Cheyenne, WY 82002 Phone: 307-777-6921 Fax: 307-777-8687

Call 307-777-6921



How To Have Happy and Health Months



Toll Free: 1-800-438-5795

Available services may vary by location This publication is available in an alternative format by request.



Maternal and **Family Health**



Albany County (307) 721-2561 **Big Horn County**

Greybull Office (307) 765-2371 Lovell Office (307) 548-6591

Campbell County (307) 682-7275

Carbon County

Rawlins Office (307) 328-2607

Saratoga Office (307) 326-5371

Converse County

Douglas Office (307) 358-2536

Glenrock Office (307) 436-3474

Crook County (307) 283-1142

Fremont County

Lander Office (307) 332-1073 Riverton Office (307) 856-6979

Goshen County (307) 532-4069

Hot Springs County (307) 864-3311

Johnson County (307) 684-2564

Cheyenne-Laramie County (307) 633-4000

Lincoln County

Afton Office (307) 885-9598

Kemmerer Office (307) 877-3780

Casper-Natrona County (307) 235-9340

Niobrara County (307) 334-2609

Park County

Cody Office (307) 527-8570

Powell Office (307) 754-8870

Platte County (307) 322-2540

Sheridan County (307) 672-5169

Sublette County

Pinedale (307) 367-2157

Big Piney (307) 276-3575

Sweetwater County

Rock Springs Office (307) 922-5390

Green River Office (307) 872-3944

Teton County (307) 733-6401

Uinta County

Evanston Office (307) 789-9203

Lyman Office (307) 787-3800

Washakie County (307) 347-3278

Weston County (307) 746-4775 **Indian Health Services**

Arapahoe (307) 856-9281

Ft. Washakie (307) 332-3521

Best Beginnings for Wyoming Babies is a FREE service for pregnant women in Wyoming.

Make sure your baby has the Best Beginning!



The choices that face a new mother are endless and can, at times, be confusing. You need not be alone during this time.

Best Beginnings, Public Health Nurses, and your healthcare provider can help you have a healthy pregnancy and prepare you to become a parent.

Best Beginnings for Wyoming offers:

Pregnancy education, support and health promotion, including:

- Assistance in completing applications to access healthcare
- Prenatal classes
- Smoking cessation, referral, and support
- Home visits during pregnancy and after delivery by Public Health Nurses
- Breastfeeding education and support by nurses and/or Certified Lactation Counselors
- Parenting classes and support groups
- Referrals to appropriate resources available in the community





